



## ROC Monthly Newsletter

Thanks for being a part of ROC!  
Go to our website for our weekly outdoor schedules, information on the ROC Race Series, local trails, and more.

[Visit Our Website](#)

[Become a Member](#)

[Donate](#)

## NEWS



**Welcome to all of our new and returning ROC members and sponsors!**

Kim Horvath

Kenneth Gollither and  
Family

Stephanie Chandler

Chris Olsen

Jason Chesnutt

Adam Thomas

Frank Cox and  
Family

Dee Shaw

The money we receive from memberships helps us to continue improving local trails, leading group hikes and river floats, and creating new outdoor programs. Membership is only \$20 for individuals, \$35 for families, and \$100 for businesses. We also offer multiple sponsorship opportunities for businesses to help expend and enhance recreational opportunities in Rutherford County.

Members get discounts at Chimney Rock, Barley's Taproom, Copper Penny, Main Street Coffee, Impact Fitness, and more.  
Click the link below for more details.

[Get Involved!](#)

## ROC Holiday Party



**ROC Holiday Party**

**When:** Tuesday, December 17

**Time:** 5:30 – 7:30 pm

**Where:** Barley's Taproom (the other side)

Light hors d'oeuvres will be provided.

Come help us celebrate all that has been  
accomplished this year!

## UPCOMING EVENTS

There will be no ROC monthly meetings in November or

December, but join us for a ROC Holiday Party on Tuesday, December 17th, from 5:30 to 7:30 pm at Barley's in Spindale.



Light hors d'oeuvres will be served and we will present the award for ROC Volunteer of the Year.

## ROC Hike: Trombatore Trail.

Sunday December 15th,  
10am - 4pm.

The Trombatore Trail is a beautiful woodland hike to the grassy summit of Blue Ridge Pastures (elevation 3,780 feet). This is a strenuous 2.5-mile trail (5 miles roundtrip).



Bring water and snacks. Wear sturdy shoes and layers.

We will be meeting at the trailhead at 11 am. However, those interested in carpooling can meet us at the Rutherford County Administration Building (289 N. Main Street) at 10 am.

This is the same trailhead as for the Bearwallow Mountain Hike. (4854 Bearwallow Mountain Rd, Hendersonville, NC 28792) You can enter "CMLC Bearwallow Mountain Trail" into your gps or you can follow this link: <https://goo.gl/maps/jwkRc5uXagpuSPrX7>

Contact Callia at [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) or 828-351-4161 for more information.



**December Volunteer Days**

**Tuesday December 3rd: Buffalo Creek Park. 9 am - 1 pm.**

**Saturday December 7th: Dittmer-Watts Nature Trail Park. Noon - 3 pm.**

**Saturday December 14th: ICC Trails. Noon - 3 pm.**

Contact Callia at [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) or 828-351-4161 to RSVP or for more information.

## **Saturday December 14th ROC Heart of the Foothills Dog Walk**

Meet at Heart of the Foothills Animal Rescue (previously known as Brother Wolf) at their new location, 380 Hwy. 221 N., Rutherfordton, NC 28139 at 10 am to get matched up with one of the shelter dogs. We will walk the dogs for 2 miles on the Thermal Belt Rail Trail.

Since there are a limited number of dogs available, you must pre-register for this event. Email Dana Bradley at [dana@rutherfordoutdoor.org](mailto:dana@rutherfordoutdoor.org) or call her cell at 828-351-3235 to sign up.



## **UPDATES**



### **ROC Mills Creek Hike at Lake James on Saturday, November 16th**

The crew that went out to Lake James on November 16th were very fortunate to have the most perfect day for a wander through the woods. We had the trail to ourselves, soaked up a bunch of sunshine, and learned a few tips and tricks for taking better photos.

[More about Lake James State Park](#)



### **ROC Work Day at ICC**

ROC members removed and restored the broken railings along the

bridge on the East Blue Trail November 15th. They also cleared the trails of two fallen trees.

Thank you all for your efforts to keep the ICC trail system looking great! The ICC trails are rated as easy and there are around 3 miles of trails to explore through wooded areas and pastures, along creeks, and even through a bamboo patch.



[More about the ICC Trail System](#)

## ROC Workday at Buffalo Creek Park

ROC had two workdays at Buffalo Creek Park this past month.

November 7th we went up to the extension portion of the BCP Loop Trail/Weedpatch and removed a large tree and giant boulder that had fallen on the trail.



November 14th we went back and fixed



erosion issues along about a mile of the Loop. We are so thankful for our tireless, hard-working volunteers!

These popular trails get a lot of use and require consistent maintenance - please let us know if you'd like to join the efforts!

[More about Buffalo Creek Park](#)



## ROC Workday at Dittmer-Watts Nature Trails



ROC and the Town of Lake Lure worked together on November 20th to remove overgrown vegetation both along the Rollercoaster Trail and at the end of the Mountain Vista trail. A more comfortable walking experience and a much better vantage point of the mountains now exist because of our wonderful volunteers.

Thank you to everyone who helps keep these trails beautiful!

[More about the Dittmer-Watts Nature Trail Park](#)

## ROC Walking Club

The times and dates are listed below.

### May 1st - August 31st:

- **Tuesdays:** 6:30 pm at the Rutherford County Farmer's Market parking lot located at the corner of Park Square and Pryor Street in Forest City (behind the new pavilion, POPS).
- **Wednesdays:** 8:30 am at Purple Martin Greenway in Rutherfordton
- **Thursdays:** 6:30 pm at Purple Martin Greenway in Rutherfordton

### September 1st - April 30th:

- **Tuesdays:** 5:30 pm at the Rutherford County Farmer's Market parking lot located at the corner of Park Square and Pryor Street in Forest City (behind the new pavilion, POPS).
- **Wednesdays:** 8:30 am at Purple Martin Greenway in Rutherfordton
- **Thursdays:** 4:00 pm at Purple Martin Greenway in Rutherfordton

The walks are led by our Outdoor Programs Director, Dana Bradley. The club walks together for 30 minutes to an hour depending on location, but you can feel free to walk more or less if you like. This is a great opportunity to interact with others from the community that enjoy walking. Walk at your own pace, enjoy the scenery, and make some new friends.

For more information or to join, visit our ROC Walking Club page at <https://www.facebook.com/groups/184160622179015/> or call Dana at 828-351-3235.

[Facebook Page](#)



## ROC RACE SERIES

[Click Here for the 2019 ROC Race Series Schedule and Race Results.](#)

# RACE SERIES RECAP

**Saturday,  
November 9th:  
The Master's  
Academy Go  
the Extra Mile  
5K**



The Master's Academy Go the Extra Mile 5K had an excellent turn out with 115 people attending.

[Race Results](#)

[Race Photos](#)

**Saturday, November 30th: Elves and Bells 5K**

With 131 participants, the Elves and Bells 5K was a great success.



[Race Results](#)

[Race Photos](#)

## 2018-2019 RACE SERIES SEASON END

The ninth season of the ROC Race Series is now finished. This year, there were a record-breaking number of



participants, with over 1550 different people participating in at least one race! Six of the twelve races this year had more participants than last year's races.

Thank you to everyone who volunteered and ran, we hope to see you again next year!

## WAYS TO PARTICIPATE IN ROC

### Trail Boss and River Steward Programs

*ROC needs Trail Bosses for the ICC Trails in Spindale. If you are interested, please contact us and we will get you started!*



- We need people like you to become trail bosses and river stewards for our local trails and river system.
  - **Trail Bosses** walk their section of trail at least once a month, report any issues they see, and help keep their section clean.
  - **River Stewards** float their river section once a month and report downed trees and other obstacles that need to be addressed. There is a River Stewards meeting held on the 2nd Thursday of each month to discuss river improvements and plan future clean-ups.
- If you are interested in learning more about becoming a trail boss or river steward, contact Callia Johnson at [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) or call 828-351-4161.
- [Click Here](#) for more information on Rutherford County trails.

### Volunteer Opportunities

Volunteering is a great way to build skills, meet people, and give back to the community all while having fun. We invite and encourage individuals and groups of all backgrounds and ages to get involved and help grow a stronger community.



ROC offers many types of volunteer opportunities throughout the year with varying levels of involvement and physical activity. Our volunteer opportunities include trail projects, fundraising events, festivals, group outings, clean-ups, and more.

If you are interested in learning more about volunteer opportunities, contact Callia Johnson at [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) or call 828-351-4161.

Rutherford Outdoor Coalition | [www.rutherfordoutdoor.org](http://www.rutherfordoutdoor.org)

## STAY CONNECTED:

